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## Spotlight on The Equine Touch

### International Equine Veterinarian Answers More Questions on The Equine Touch™

In the last issue we presented 20 questions answered by Dr. Gaggl. Here are 20 more.

Gernot Gaggl, MVDr, is a leading equine veterinary surgeon based in Austria. Apart from allopathic veterinary medicine, Dr. Gaggl is a qualified practitioner in homeopathy, equine acupuncture, equine chiropractic, herbalism and The Equine Touch. Among his clients are the horses of the world famous Spanish Riding School in Vienna. He has been practicing The Equine Touch since 1998.



Jock and Dr. Ivana Ruddock enjoy Sparkle's response to The Equine Touch at the Pennsylvania clinic.

1. *Can The Equine Touch be used with other therapies?*  
It is excellent in combination with acupuncture, acupressure, herbs, chiropractic, and allopathic.

- 2. *Can this technique affect the horse's socialization with humans and the herd?***  
Obviously yes, through the emotional release and rebalancing.
- 3. *How soon before a race or an event should Equine Touch be used?***  
Not too close to the race, because otherwise relaxation and release of endorphine is too big and horses do not perform if they are "high".
- 4. *Can underlying susceptibilities to disease be erased after a rebalancing?***  
Yes.
- 5. *How does muscle and tissue 'memory' come into play?***  
One has to repeat the treatment several times or show the horse that it is not hurting any more.
- 6. *Can anyone learn to do Equine Touch?***  
Yes.
- 7. *Is it easy to learn?***  
I think so, but I think you should know something about horses before you even consider it.
- 8. *Is one required to have anatomical knowledge to perform the treatments?***  
There should be a basic anatomical knowledge.
- 9. *Are the advanced moves reserved for use until after one gets a feel for the basic moves?***  
First one has to know the basics, as the advanced moves need to be done after some recommended basic moves.
- 10. *Is the pattern of treatment (certain areas worked on before others) essential to the success of Equine Touch?***  
I do not think so in general, but there are some protocols that must be adhered to.
- 11. *Do the patterns have any relation to acupuncture meridians or chakras?***  
Yes, many patterns on the back are on the Bladder meridian, on most patterns special acupuncture points are located.
- 12. *Is it helpful to know the origins or sources of problems before treating?***  
It is not essential as the whole horse is treated. It is essential if you only treat certain areas.
- 13. *If a problem stems from improper hoof care/shoeing, will that become evident during a session?***  
Not all pain will go away.
- 14. *If the hoof problem is not corrected, how long will the effects of the Equine Touch last?***  
Only to the next stress.

- 15. *Do the Equine Touch sessions reveal the sources of problems?***  
If muscular pain is diminished and the endorphin release is gone, the real painful areas (source of the problem) often come out.
- 16. *Is one session enough to get results?***  
That depends on the case; generally the results are much better if it is repeated.
- 17. *What is involved in follow up treatments?***  
More of the same plus some specific moves.
- 18. *How do horses like this technique?***  
If it is done gently they really love it and want more!
- 19. *What should one expect in the way of results after a treatment?***  
Acute cases disappear within hours! Most of the time in humans it takes 10 minutes to half an hour to get the full effect; horses react faster - effects often after minutes.
- 20. *How do the recipients benefit in the long run?***  
Better health and better balance makes life happier!

Natural Horse Magazine thanks Dr. Gernot Gaggl for his helpful answers.